



Tips on How to Pray
Doug Addison [Episode 262]
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Hey everybody, Doug Addison here. *Spirit Connection* podcast and it is December 7th. Can you believe it is December already? And I always say, “Boy, time flies when you’re having fun.” And that’s a key right now is to have fun.

The Lord is moving right now. I just released a prophetic word I normally do the first Wednesday of every month on my *Spirit Connection* podcast, then it comes out on the blog, which is, by the way, DougAddison.com.

And then you can follow me on social media: TheDougAddison on Facebook; DougTAddison on Instagram, Twitter and now TikTok; and Doug Addison on YouTube. But follow me on the [Daily Prophetic Word](#). Been releasing the—, gosh, such a long time, #DailyProphetic. Get it delivered to your email box by just going to my website DougAddison.com. [Get the Doug Addison app](#). Oh my goodness, that will keep you off of any negativity off the internet. Just go to Google Play and then the Apple App Store as well.

So, Lord, we thank You for Your goodness. We thank You for this prophetic word that I released, a word for December on my November 30th, last week, that now it’s an urgent call to pray for the next three weeks.

We're going to be focusing on prayer the next two weeks. That was one of them. And then two more, we're going to be focusing on how to get a breakthrough in your prayer, then we'll be celebrating Christmas and New Year's, of course.

But this is the follow-up to my prophetic word on November 30th, which is for this month and beyond. Remember, the Lord is outside of time and He created time. So, if you can watch this later on, there's still the anointing to catch everything that you need at any time.

And wahoo! Lord, I thank You for Your goodness that You're releasing the power for prayer, the power to change, the power of encouragement (and this is a time right now we are transitioning into a new season. And there's angels here for you) in Jesus' name. Amen.

Well, we really are transitioning. Not just because of, you know, 2023 coming up, but truly we are shifting into a new season. And, you know, change isn't always easy for people. And change is not always easy or transition is not easy for some, but the Lord's going to make it—, He's going to make it easy. In fact, it's already happening in front of you.

Here's what goes on. When you need a transition, the past things probably aren't working as good as they were, and the future has not been revealed yet. So, you get ... that's where we are. We're almost ... like we just pushed in the clutch and we're shifting into a new gear, into a higher gear. There's angels here right now.

The Lord is calling us to step up to about a three-month or so—it's not exact—but a special prayer assignment is going to come. This week I want to talk about—, more about that. And again, that was in my prophetic word last week for the month of December, [*An Urgent Call to Pray*](#).

I didn't say it was three months. I just heard the Lord to just step it up and get and to keep people, you know, get you ready for this. Now this week, I want to train you this week and next week on how to pray. We're stepping into a special prayer assignment. And some people are like, *oh, man, I'm not an intercessor*. Well, guess what? Raise your right hand. It's going to happen. There's a ... there is something shifting over you right now.

You know, prayer is something we all need. Kind of like, I don't know, insurance, fire insurance. [chuckles] You know, insurance ... you need it. You don't realize you need it until something happens. But prayer is something like that. It's something we all need, but most people have not been trained to do it. I thank the Lord; for me, early on in my training, you know, when I came into the Kingdom, I got prayer. I was just drawn to prayer. I mean, mine goes back to my first wave, you know, I got born again a few times ... Born again, again. [singing] [chuckles]

You know, like I got born again and again and again. Then finally, you know, it took in the early nineties. But I had been part of a few of the prayer movements and prayer waves. I've always been excited about prayer.

So, you know, even though it impacts our lives, we don't always understand it. In Luke 6:12 Jesus says this, you know—, and this is about Jesus. "On one of those days ..." He didn't say this, but they're talking about Jesus. Luke tells us this. He says, "On one of those days (so, I don't know) Jesus went out on the mountainside to pray, and He spent the night praying to God." Jesus prayed. He was a prayer. You don't have to spend the night, but the Lord, He might do something. It doesn't matter. Remember, it's not quantity. It's just the fact that you spend some time, you know? And sometimes I move in—, I'm not really an all-night prayer. I tend to get up earlier, but then right now I'm just in a time where I'm flowing with the Lord, whatever He's doing.

First Thessalonians 5:16, “Rejoice always (Paul says), pray continually, give thanks in all circumstances; for this is God’s will for you.” Some people are saying, “What’s God’s will for me?” Uh, hello, 1 Thessalonians 5:16–18, “Rejoice always, pray continually, give thanks in all circumstances.” Just ... that’s it, right there. Boy, we could just camp out for the rest [chuckles]. This is it. Just all ... just stay in a place of prayer, you know? That, you know, you’re praying in the Spirit, pray continually, giving thanks.

You can pray in, you know, any time, any place, do some worship, give thanks. And then especially in situations right now when I get hit, I used to get upset and pull out the Bible. I’d find something to stand up for my rights. But the Lord is saying right now, you need—, the season we’re in is to shift the negative atmosphere.

So you know, we can be at the place of praying and communing with God all of the time. That’s what He wants. And this can be done inside your head, in your spirit. It can be dictating your thoughts on Him. Could be moments. It doesn’t matter. I do mine out loud sometimes, you know, I’m just constantly flowing. In fact, my wife Linda, she’s like, “What are you talking about? What? Who are you talking to?” I don’t know. Didn’t realize. Sorry. You know, there’s time when I’m just praying in public. That’s when it’s good to live in a big city ... Los Angeles. You can pray in tongues out loud. [chuckles]

Anyway, a key to this is to combine your prayers with worship, you know, and also worship and coming into agreement with others. You can do that. Rejoice and be thankful. As you do this. It will change the atmosphere around you. You might not realize it, but you start rejoicing in the middle of it and then the rudder shifts beneath the surface. It might take a little bit of time to turn things around, but I tell you, the Lord, He will do this. And that’s the way it is with spiritual principles, is that they take a little bit of time to change things beneath the surface.

But boy, when you do it—, most people aren’t aware of it, but their life begins to change and they can go back to the time ... it usually had to do with prayer. Something

happening where you took a greater stand. I know that Halloween night, 2022, I tell you, that was my changing moment. I look back on it and we were going through it. Linda and I were going through it. And so that night, I just instituted the “Hey, you know what? We need to get through this thing.” You know, Linda and I, we had to get through this. So I pulled together some prayers and made some declarations. I look back now and realize, wow, that’s what shifted, the rudder shifted that night, even though it didn’t feel like it. You kidding? I mean, we were under attack. It didn’t feel like it, but the rudder shifted beneath the surface. And now I can say, *wow, I’m seeing the fruit of that night.* How about you?

Let’s look at this ... greater power when you pray together. There’s power when we agree together. And you know the enemy’s trying to get you out of unity. He’s trying to get us out of unity. And then, one of the first things that hit—the pandemic—is that we couldn’t meet together, you know, or try anyway.

And so, He’s also doing something new. The Lord says, see, there’s a response in Matthew 18:19, “Again (Jesus says), truly I tell you if two of you agree on earth about anything, it will be done for you by my Father in heaven.” That doesn’t mean that everything you get is going to happen. But He did make a good point there. There is power in agreement. Now, something happened in the heavenly realm and it agreed, and then the solutions might come a little different on Earth. That’s the thing, you know, when I look back at Halloween and Linda and I agreed in prayer over some things. Now, the answers came differently than we thought, but boy, that was when we—, where two agree.

And so there’s also Deuteronomy 32:30, “One can put a thousand to flight, two can put 10,000 to flight.” My favorite verse, Ecclesiastes 4:12, “Though one can be overpowered, two can defend themselves. A cord of three strands is not easily broken.” Write that down, put that on your fridge. Ecclesiastes 4:12.

One, if you're getting overpowered, you might be praying by yourself. Now I pray by myself. I get up early. My goodness. You know, or I stay up late, whatever, I pray, but I try to agree. That's the secret—two can defend themselves. If you—, really, my breakthrough came when I got a three-cord. Or two ... two or more, you know, on the bigger items then you can get, doesn't mean everything. You can still pray all the time, remember. But this shows that there's power in praying alone. There's power in agreement and there's power, especially with three. At least three come together, because you could get a cord of three strands. So, that does not mean that you shouldn't pray alone, don't get me wrong, because you want to stand during this time.

But when you get some bigger things (the Lord calls them strongholds), the stronghold of sickness over me ... I tell you, it went down when I understood this. There's a few things I started to understand. I understood and started taking communion every day. I started decreeing verses, Bible verses, and I started agreeing with others. Those were some of the big ones. And then some of these big things started to go down around me, you know, and sicknesses and things like that. I got a list, a long list. The fact that I'm not even using reading glasses! Wow, that was a surprise. The Lord's been healing me at these different levels. And you know, we can agree with each other, using the Bible as well. There's principles that will actually keep us in alignment with the Lord.

So, Jesus brings you peace. Now, this is a talk on prayer. I don't know about you, but how encouraged are you all of a sudden? Most people don't realize it, that it's actually not hard to pray. Jesus will bring you peace. In John 16:33, "Have I not told you these things so that you may have peace?" You know, Jesus says this, "In this world you will have trouble. But take heart! For I am overcome the world." Jesus said, you know, "I've told you these things ..." You need to write this down. Listen to me write down John 16:33. That's another one, that's like that 1 Thessalonians I just did. You need to get these things down, because they are small verses that will change your life. It's the word of God. But Jesus says, "Have I not told you these things that you can have peace." He was referring to the fact that, you know, there's prophetic words. There's

words in the Bible. There's things that are spoken that can align you with the spirit of peace. And then when you have peace, then you step into a whole new understanding. A key right now, the major key to everything that we're going through right now is to walk in peace the best you can. Slow down, get rid of the road rage, ask forgiveness, humble yourself right now. That's what I've been doing.

And Jesus was—, He was really into prayer, you know? In Romans 8:34, Paul says, “Christ Jesus who died—more than that, who was raised to life—is now at the right hand of God the Father and is also interceding for us.” Whoa! [laughs] Romans 8:34 ... Paul says this. Listen, I'm going to say it again. “Christ Jesus died—and more than that, he was raised from the dead to life.” You know, I'm paraphrasing. “Christ Jesus died—and more than that, he was raised to life and is at the right hand of God the Father right now interceding for you!”

You need to get that down and come into agreement with the fact that the Lord is interceding. And because Jesus, you know, He did this by dying on the cross and overcoming, you know, the sickness and death, He overcame everything for you on the cross. You can take authority right now. And that's why receiving Jesus or rededicating to Jesus is so easy, 'cause this is the season. I'm not even going to wait till the end and do an altar call, so to speak. I'm going to do it right now.

If you need the Lord in your life, if you need to rededicate, if you have sickness, if you have never received Him, maybe. Just—, it's so easy ...

“Lord Jesus, I invite You into my heart. I ask You to forgive me of my sins. I pray that You would fill me with the Holy Spirit, in Jesus' name.”

Now, hang out with me as well or on my podcast or other places, but you're going to find that what you just did shifted things. I tell you, people are lining up everywhere right now to be encouraged and to get through a difficult time. There's an anointing on this

because this is the word of God. So right now, Jesus is interceding for you at the right hand of God, the Father. And once you grasp this revelation that Jesus is praying for you, then you actually get a greater authority in your prayers. Whether you feel it or not, you start to—, what I'm doing right now, I'm using strategic prayers. Write these down, you know, write them down and then use them as you need.

There's another one that's very powerful. Ephesians 2:6, the apostle Paul says that "God has raised us up with Christ and he has seated us with him in the heavenly realms of Christ Jesus." Okay, in Ephesians 2:6, "God has raised us up with Christ and now we're seated with him." If you just received Jesus, you just rededicated, you are now seated with Christ. Now, you want to be humble about this. You know, don't think that it's something that—, but this is a place of humility where you understand things. You're seated with Christ in the spiritual realm when you pray. You have greater power and authority than what you might realize.

But be careful how you use that. Hello. That's what the Lord said. That's why we need to speak peace over the storm right now and be careful not to get angry. And the key to this is allowing the Holy Spirit—, allow the Lord to connect you so that you can rise.

Here's what I do. I go above those things. I'm seated with Christ in heavenly places, not to call down fire from Heaven or, you know, or to get upset. It's to release peace. That's what He did. He released peace. It's to release the power and glory of the Lord. The plan of the enemy is trying to get—, to knock you out of the place of peace, to take out your authority, then insert it with fear, doubt and anger. That's just some of the things. The plan of the enemy is to knock you out of your place of authority sitting with Christ. If you're sitting with Christ in heavenly places, you're experiencing the peace of the Lord. There's no fear there. There's no doubt. There's no anger. If you're experiencing those, just repent right now. We repent, renounce and break, even generational ties, even soul ties to anything we might have in common, knowingly or unknowingly, with whatever's

holding us back from coming into the fullness of our calling in the Lord, coming into this place of peace and letting go of anger.

I'm still a work in progress. I am not—, I haven't made it. But I want to tell you, I can release this over you because it's the Word of God. The Lord is doing this and He'll bring you back immediately and He'll reconnect you to the Lord. Now you can pray in the spirit. Remember, this is keys to pray. This message is how to pray. You can pray in the spirit. First Corinthians 14:15 Paul said, "So what should I do? I will pray in the spirit, but I also pray with my own understanding, I will sing in the spirit, but I will also sing with my own understanding."

Now, this doesn't necessarily mean tongues. It could be. Don't let tongues hold you up. Sing in the spirit. Maybe you're just singing a new song that doesn't make sense. I sang a new song all the way ... I remember driving through a difficult time. I sang a new song the whole time. I don't know if it was verses. I can't even remember. I probably wish I would have recorded it but didn't matter. It edified my spirit. Sometimes I sing in tongues. It doesn't matter. Sometimes I just sing in agreement or I might pray that way. The apostle Paul says it right here, 1 Corinthians 14:15, he says, "Sometimes I do it in my spirit, sometimes I do it with understanding." It doesn't matter, just do it, basically.

So, don't get hung up on praying in tongues if that's one of the things. You know, just ask the Lord to move through you. I use Bible verses. I tell you I'm singing, I sing in tongues, I pray in tongues. I will just sing Bible verses, I'll pray Bible verses and get rid of this stuff, you know. That cleans you out basically. [chuckles]

So, there's a lot of power in singing, worshiping and praying. There is a lot of power in singing, worshiping and praying. Romans 8:26 (I love this verse), "In the same way, the Spirit helps us in our weakness. We don't know how to pray, but then the Spirit intercedes through us, through our [wordless] groans."

Now check this out. Write these down. This is good. I tell you what I'm doing right now, I know a lot of people use and pastors or Bible study leaders ... they use my stuff all the time. Praise God, it's the word of the Lord, you know? I'm fine with it. I love this. In fact, I just pulled out right now, I've just pulled out in this podcast a road map to get through the negative time. Because we—, see, we're at a time right now that we're not ... it's not like other times, you know? Other seasons we could have stood up, you know, in the courts of Heaven and declared some things. This is a season to humble yourself and be seated next to Christ and speak peace to your storm. But it's still the same type of thing.

And I'm pulling these verses out for you right now. In Romans 8:26, "In the same way, the Holy Spirit helps you in your weakness. You might not know how to pray, so He intercedes for you, through wordless groans." Well then, you know, "Shonda-hi," you know? [chuckles] I don't know. Sometimes, you know, I'm not going to try to make it up. But sometimes I'm just like, *Oh Lord, I don't even know how to pray*. And so I'm finding myself, you know, praying in the spirit. Again, the Lord wants us to do something new.

Here's how to apply this to your life is Colossians 4:2, "Devote yourselves to prayer, being watchful and thankful. We are in a time the Lord is calling you and me to a season of prayer, even if you're not an intercessor. That's just the same way right now ... you don't have to be a prophet to prophesy. [chuckles] You can do this because the Lord is calling you to not necessarily devote this time, but He's calling us right now over the next few months just to be mindful of prayer.

And the Lord is trying to do these things through you. So, have grace. And as you do it, I tell you, this is a time when you come together as families ... I just got together with some family members and, you know, whoa! The angels showed up. We were in an angel airport when we went to pray in the spirit and it was like—, and we weren't doing it long. We snapped into it, and I know it was because it's this anointing that's here.

So, over the next few months, maybe even through the first of the year, the Lord, He's calling us to pray. I don't necessarily know what that means or what it looks like, but we're going to shift the spiritual atmosphere. This is not like a formula, but these are guidelines. It's going to help you right now. I encourage you ... teach this in your home groups, you know, get together and pray. I've given you some verses and here's how to pray.

First of all, ask the Lord to show you what you need to pray. Ask the Lord to do it. There's no formula here. But also, we're in a time (I felt like this week especially), each week, I'm going to be giving you something here. I'm going to pull out that verse I talked about last week, Psalm 7:9. Ask the Lord to put an end to violence and bring peace.

Now, the first thing you do is—if you've ever flown—*put on your own oxygen mask first before you try to help someone else*. So, okay. [laughs] Here drops the oxygen mask of the word of God and of the Spirit of the Lord, right? And so, we're going to ask the Lord who searches the heart of men, this is Psalm 7:9. We're going to ask the Lord who searches the hearts of men to put an end to the violence so that the righteous can be secure.

So this week, I want to just focus on that, putting an end to the violence. You start with yourself. "Lord, I repent, renounce and break anything I've had in common with the spirits of this world, of violence, of getting angry, even." Right now, if that's something that's happening, just repent, get rid of the road rage. Come on, it is not the Lord.

And so, Father, in the name of Jesus, we ask now, according to Psalm 7:9, "O God, who searches the hearts of men and women, put an end to the violence so that the righteous can be secure." I pray that we would be as secure ... actually, is peace.

I asked the Lord. Now, here's some steps: ask the Lord to open your eyes and give you the revelation on how to pray.

Lord, open our eyes and give us revelation on how to pray. Also, we pray right now for the disunity and violence to be healed. We pray for the disunity and violence to be healed. We also pray for financial strategies to be revealed from the Lord and release.

Also, pray as the Lord leads you. So, right now I'm going to pray and activate this message.

And Lord, I thank You for Your goodness. I thank You for the word of God. I thank You for the prophetic word. I thank You that we don't have to be a prophet to prophesy and we don't have to be an intercessor to intercede. And You're moving on a great level right now. We want to come into agreement on Earth as it is in Heaven, to put an end to the violence and let the righteous be secure or bring the peace in the streets. Bring the peace in the streets (you know, I'm not going to mess with anything. I'm asking the Lord to call it down) in the name of Jesus, the true Yeshua of Nazareth. Amen.

All right, Well, hey, check this out. Two things. Hold on. Okay, you can hear God now. So, my team has put together a bundle. These are some of the—, I've been doing these two-hour (or so) online trainings for a number of years. And some of them are like, I go to your church, I go to a—, usually I go to a conference or a school, I go to places, you know? You name it, I've been there. I've done these schools live. The Lord showed me to do this online just a few years ago. So, these are powerful, powerful trainings. And we've put together, my team has put together ... how to transform your life.

Now, the bundle right now is how to double ... It's basically—, go to DougAddison.com/Hear23. This is a bundle on how to hear God. So there's three trainings. These are 2 hours each. These were live trainings that I did, and they may even include the notes. I'm not sure, I think they do. And so [You Can Hear God Now: Get Ready for the New Year and Beyond](https://DougAddison.com/Hear23), that's what this bundle is. And it includes *How to Transform Your Bible into a Prophetic Roadmap*. That's the first thing, *How to Transform Your Bible into a Prophetic Roadmap*. It's using the word of God and the prophetic gift. It's a two-hour training.

The second one is *Growing in Prophetic Wisdom, Discernment and Understanding*, *Growing in Prophetic Wisdom, Discernment and Understanding*. So, there's so much going on right now. This would—, it's actually (this bundle) ... it's a bundle. Go take a look at it. I hope I quoted it right, but it is DougAddison.com/Hear23. It's only \$49 ... should be \$111—\$49 for the holidays.

Also, the **Break Out Blessing**. Someone tell me again, “We need the Lord for a ‘break out’ of the old season and break through to the new.” You know it's not too late for Giving Tuesday, as well. You can do DougAddison.com/BreakOut if you want to give to us, and it's the end of the year. I'm recommending all of our donations go through this if possible. If not, that's fine. However you—, maybe you Partner with this, that's fine.

But if you want to be part of the **Break Out Blessing**, the Lord gave me the strategy that if you give anything in the **Break Out Blessing**, DougAddison.com/BreakOut. You give anything at all—you can't go wrong with this—you get my two-hour training on *How to Get Your Financial Breakthrough*. This is powerful.

If you give \$100 or more, you get that plus the *Financial Breakthrough Bundle*. It includes the first one I just said and *How to [Restore Your] Financial Storehouses* masterclass, plus a digital copy of my book, *Flip Your Financial Future*. These are three

things. This is part of the **Break Out Blessing Offering**. You could do it any way you want.

We're just so appreciative of all of our Partners. If you want to partner with us as well, I'd recommend, you know, becoming one of the Partners. We're actually similar to an online church. You know, we have a meeting each month, a Zoom meeting with our Partners. So go to DougAddison.com/Partner to find out more. But I'd recommend at least giving something into the **Break Out Blessing** so you can get those videos, right?

C'mon. We just say "Thank You" to the Lord, for Your goodness. We thank You for the season that we're in right now. That you would bless those who bless us, in Jesus' name.

See you next week!

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